



**Enjoy your retirement Pete Kruger!**  
*Photos on Pages 8 & 9*

PRSR STD  
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P A I D  
SHELTON, WA  
PERMIT NO. 96



## Governor Signs Lands Transfer from WA DNR to Tribe



Sharon Haensly - WA State Governor Jay Inslee met May 5th with members of the Squaxin Island Tribal Council at the Governor's office as he signed an agreement that transferred 310 acres of land on Squaxin Island back to tribal ownership.

The governor was all smiles and friendly as he asked questions about the island and listened intently to the responses.

Several years of amicable negotiations between WA State DNR and the Squaxin Island Tribe resulted in the Tribe's purchase of nearly 1/4 of the island for fair market value.

"The island has great cultural, historic and other importance to the Tribe. We consider this land to be the bond that unites the Squaxin people's past, present and future generations," Tribal Chairman David Lopeman said.

"The Tribe is the original steward of this region, and Squaxin Island is hugely important to both our culture and economy," said Andy Whitener, Natural Resources Director for the Tribe. "We fish for salmon from the Island and we plant and harvest shellfish there. We know we can take care of it, as we always have."

A celebration ceremony was held the following day at the Tribe's Collier House at Arcadia and was attended by Squaxin Island Tribal Council members and NR/CR staff, Washington State Commissioner of Public Lands Peter Goldmark and WA DNR's Tribal Liaison Joenne McGerr and Conservation, Recreation & Transactions Division Manager Jed Herman.

Squaxin Island Tribal Council Members Arnold Cooper and Charlene Krise were visibly moved when sharing memories of growing up around the island and explaining how very, very much the island means to tribal members.

Seven years ago the island came up when Commissioner Goldmark met with Tribal Council to discuss another issue.

Commissioner Goldmark said at the Collier House ceremony, "Three things: Respect. Justice. Seven. When I heard the Squaxin Island Tribe did not fully own the island that bears its name I felt a strong sense of sorrow and injustice and a need to make it right. I set about working slowly and collaboratively to make this happen, to see a wrong righted, to hopefully heal some of the hurt attached to this injustice. I want you to know I hear and feel very deeply your words. I am very glad about this day and I will never forget. We have been working on this for seven years

*Continued on Page 3*

## Congratulations Newly Elected Tribal Council Members



**Vicki Kruger**  
**Treasurer**



**Charlene Krise**  
**Secretary**



*A pod of Killer Whales came by just when the ceremony was beginning*

Return Service Requested





## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

PHONE: (360) 426-9781  
TOLL FREE: 877.386.3649  
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[www.squaxinisland.org](http://www.squaxinisland.org)



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman  
ARNOLD COOPER: Vice Chairman  
CHARLENE KRISE: Secretary  
VICKI KRUGER: Treasurer  
WHITNEY JONES: 1st Council Member  
JIM PETERS: 2nd Council Member  
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:  
THERESA M. HENDERSON: EXT. #3945  
[thenderson@squaxin.us](mailto:thenderson@squaxin.us)

## Council Corner

Whitney Jones - We had a great turnout for the annual General Body meeting on Saturday May 2nd; over 270 voters signed in and participated in this year's elections and discussion. I want to express sincere appreciation to Pete and Andy for their service to the Tribe these last many years and extend a warm welcome to Vicki and Charlene in their new roles. I'm looking forward to working with this team and continuing to find ways to promote positive growth to benefit our people and programs.

May 12th was the official unveiling and dedication of the Safe Streets mural that has been hung on the outside of the tribal gymnasium facing the ball-field. This has been a labor of love by many tribal members with lots of youth involvement and we are excited about what it represents and how it can be a catalyst for future projects to encourage drug abuse prevention activities in our community. Please go check it out or take a minute to view the photos to see the kind of creativity that blooms in our kids and on our reservation. And it hasn't happened yet at the time of my writing this article but we are looking forward to having Olympic gold medalist Billy Mills (Oglala Lakota Sioux) come talk to our tribal youth on May 27th about healthy lifestyles and taking pride in their heritage.

Last month the Council had a work-session with governmental departments to talk with staff about programs and the delivery of services. It was a great opportunity to hear about many things that are going very well and to think about areas that may need more attention. Did you know that because of the Affordable Care Act about 90% of all our tribal members are now covered by medical insurance? This has greatly helped conserve our limited Clinic and Purchased Referred Care budgets.

We are also happy to say that there are currently 27 tribal members receiving scholarships and attending 19 different undergraduate colleges and universities around the United States! That is something to be extremely proud of as a Tribe and it illustrates the financial commitment we make, (more than \$150,000/year), to support higher education for our tribal members.

Speaking of higher education, plan to come celebrate the continuing educational achievements of our students of all ages at this year's Sgwi' Gwi at the Skookum Creek Event Center on Friday June 12th. This is one of the Tribe's biggest events of the year and our kids shine brightly when we acknowledge their efforts and successes.

We also want your participation at the Public Budget Hearing Wednesday June 2nd at 4:30 in the Tribal Center! Please come provide input and suggestions for programs/projects/activities/etc. Community involvement at the PBH is one way to begin the process for developing new plans; take advantage of this opportunity to brainstorm and present ideas. What if you can't make it to the meeting or you don't like to speak up in the crowd? Did you know that the Council has a mailbox in the Tribal Center? Please feel free to submit your thoughts for the PBH in writing and they will be included in the record. You are always welcome to communicate with the Council by mailing in something or leaving it in that box as well.

It's going to be a busy summer and these events are just some of the beginning with lots more to come. It's a bold new day for our Tribe and we will need to communicate and work together to embrace opportunity.



*Newly elected Tribal Council Members Vicki Kruger and Charlene Krise were surrounded by loved ones as they took their Oath of Office.*





## Governor Signs Lands Transfer from WA DNR to Tribe

### Continued from Page 1

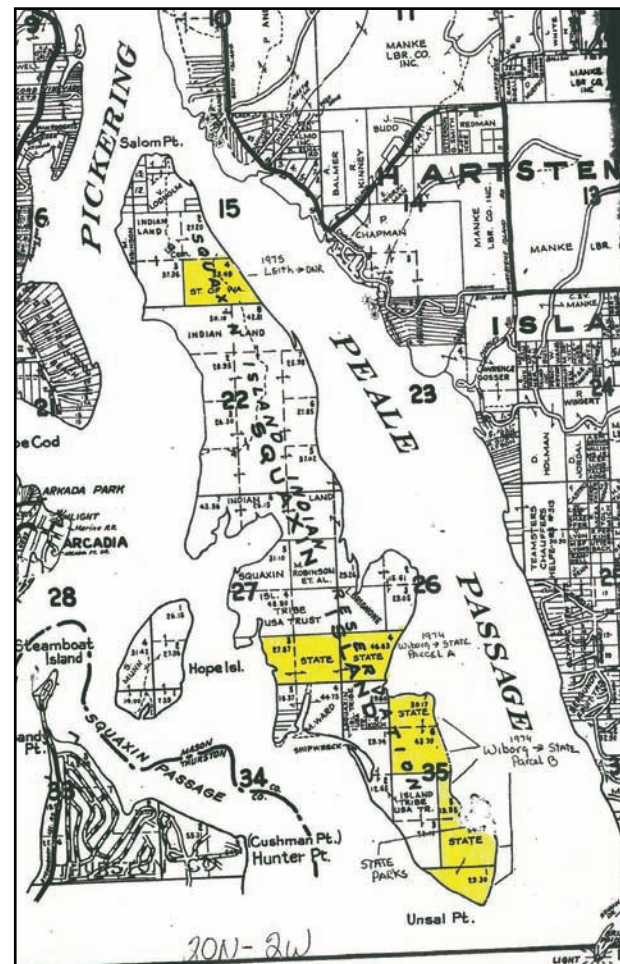
and the result will benefit the Tribe for seven generations to come."

WA State DNR took ownership of three parcels after non-tribal owners donated the land to the state in 1974. Its use of the land was complicated by the fact that the Tribe never lost title to the tidelands surrounding the Island and controls access to the Island over them.

Originally the Tribe owned its entire Island Reservation, which was created by the 1854 Treaty of Medicine Creek. In 1884, however, the federal government took the land away through a misguided policy aimed at assimilating Native Americans. The government divided Indian reservations into allotments, and gave them to individual Native Americans who could dispose of them after an initial waiting period. While some allottees sold their lands for market value, many others lost lands through fraudulent transactions and forced sales due to unpaid taxes. The lands that the Tribe recently purchased passed through many ownerships before ending up with DNR.

The Tribe is re-acquiring the parcels owned by the following original Squaxin allottees: Henry Chilawit, John Skalapin, Doctor Jim and Tyee George. The following families have ancestral ties to these allottees: Bagley, Napoleon, Seymour, Peterson, Peters, Sigo, Pickernell and Peterson.

*WA State DNR representatives and Tribal Attorneys were wrapped in love with Squaxin Island logo blankets.*



Front, L-R: Squaxin Island Council Member Vince Henry; Squaxin Island Cultural Resources Director Rhonda Foster; Cultural Resources Tech II Margaret Henry; WA State DNR Tribal Liaison Joenne McGerr; and Squaxin Island Tribal Member Bev Hawks  
Back, L-R: Squaxin Island Council Members Ray Peters, Vicki Kruger, Jim Peters, Whitney Jones and Arnold Cooper; Governor Inslee, Squaxin Island Council Member Charlene Krise; WA DNR Conservation, Recreation & Transactions Division Manager Jed Herman; Commissioner of Public Lands Peter Goldmark, Squaxin Island Attorneys Kevin Lyon and Sharon Haensley





## New Family Services Director



Hi, I am Vicky Belle Engel, the daughter of “Misty” and Nancy Bloomfield. I have lived in Mason County most of my life. I am an enrolled member of Squaxin Island Tribe. I grew up in a large family as the middle child with 3 brothers and 3 sisters. My parents and siblings live in Mason County, nearby the ancestral homeland of Squaxin Island Tribe.

Recently I accepted the position as the Family Services Director for Squaxin Island Tribe. Previously I worked in the TANF Program as the Site Manager. Other experience which prepared me for this position includes a position as the Administrative Assistant for Human Resources at Squaxin Island Tribe, a cultural art class Teacher for Native American students at Shelton School District, and a cultural art Teacher and Coordinator for the Squaxin Island Summer Recreation Program. I also have increased my leadership skills through an education path.

As an Indian child, education was highly promoted in our home. I graduated from Forks High School in 1976. I returned to college to complete an Associate of Arts Degree from South Puget Sound Community College in 2000. In 2001, I graduated from The Evergreen State College (TESC) with a Bachelor of Arts Degree. I obtained a Master in Teaching Degree from TESC in 2003, with endorsements in social studies and art. I continued my understanding of family dynamics with school counseling study at St. Martins University.

My personal life also prepared me for this position. I understand the dynamics and challenges of teen parenting, single parenting, and large families. Family Services Department provides funeral support. I lost my first husband and one brother from respective log-

ging accidents in 1980 and 1986. I was left to raise my three young sons alone. Added to my family of three sons from my first marriage, I have a son and daughter from my second marriage to Chuck York thirty-one years ago. My five grown children all live in Mason County. I have the pleasure of being a Kaya to twelve grandchildren. As my parents age, my Dad is 84 and my mom is not far behind at 81, I cherish the time with family because I realize time is limited.

Another interest is my work with the Shelton Indian Education Button Robe Project. As a founding member, this year is our twenty-first year of the volunteer organization. Along with the construction of button robes, my pastimes are many. I like to make all types of cultural art projects. I enjoy drum making, beading, and sewing. I also enjoy being out on the water, camping, and quad riding.

## Oakland Bay Day 2015

### What is it?

Oakland Bay Day is a free, family-friendly celebration of the natural and cultural resources of Oakland Bay and the surrounding watershed. The event features hands-on, family-friendly activities related to the water, land, plants, and animals found in the beautiful South Salish Sea area. Visit with local resource agencies, community groups, and nonprofits for more information and tips to protect Oakland Bay. Specific activities are being scheduled now and may include a site tour, bird walk, live music, and seafood snacks. It's a great opportunity to come together to enjoy and learn more about the natural resources found in Mason County.

### When is it?

Saturday June 6<sup>th</sup> 2015 from 11:00am-3:00pm

### Where is it?

Bayshore Preserve, 3800 E. State Rt. 3, Shelton, WA 98584  
Bayshore Preserve is 74 acres of protected land located on the shore of Oakland Bay, purchased in 2014 by the Capitol Land Trust with assistance from partners. The site was most recently the location of the former Bayshore Golf Course, and originally the site of one of the largest longhouses within the Salish Sea. The site has more than 4,000 feet of marine shoreline and 27 acres of intact saltmarsh habitat and is currently undergoing stewardship and restoration activities.



### How can I get involved?



If you or your organization is interested in more information or want to participate as an exhibitor or vendor, please contact Erica Bates at [erica.bates@wsu.edu](mailto:erica.bates@wsu.edu) or 360-427-9670 ext. 682.

### About Mason ECO Net

Our mission statement: Mason ECO Net provides education, outreach and involvement with partner organizations to motivate and inspire our community's understanding and stewardship to sustain and improve our environment.

Mason ECO Net is a community professionals committed to working collaboratively to protect and enhance the health and vitality of the Salish Sea region. Mason ECO Net is one of 12 chapters across the Salish Sea region. In Mason County, we have approximately 50 members representing 30 different organizations. Our members are comprised of individuals from public agencies, tribes, non-profits, businesses, and private organizations.

All pictures from previous Oakland Bay celebration events held at various locations.







## SQUAXIN ISLAND TRIBE FIRST PUBLIC BUDGET HEARING

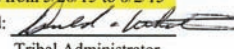
*June 3, 2015  
4:30 p.m.  
Council Chambers*

The Squaxin Island Tribe needs to hear from you. The budget ordinance encourages community input and, in fact, the community has a significant role in deciding budget priorities. Come share your concerns, visions, and help set priorities for FY16 programs. 6:00 PM Dinner at the Elders Room will follow.

If you are unable to attend, please submit your input in writing.

If you need additional information, please contact a member of the Budget Commission. Those members are as follows:

Vicki Kruger, Council Treasurer  
Don Whitener, Tribal Administrator  
Deborah Stoehr, Chief Financial Officer  
Kathy Block, Operations Manager  
Pam Hillstrom, Tribal Member  
Carolyn Hoosier, Tribal Member  
Rhonda Foster, Tribal Member, Alternate  
Whitney Jones, Tribal Member Alternate

Tribal Point of Contact:  
Deborah Stoehr, Chief Financial Officer  
Finance Department  
(360) 432-3903  
Posted from 5/26/15 to 6/2/15  
Approved:   
Tribal Administrator

## Public Input for FY16 Budgets

The Squaxin Island Tribe needs to hear from you. The budget ordinance encourages community input and, in fact, the community has a significant role in deciding budget priorities.

Please submit your concerns, visions, and priorities for FY16 programs to:

Faye Smith, fsmith@squaxin.us  
or  
Julie Goodwin, jgoodwin@squaxin.us

**Please come to the public budget meeting** on June 3rd at 4:30 in Council Chambers. If you believe we need a skate park, this is where you come and make the suggestion. If you think the tribe needs to focus on an elders care facility please come to the meeting and suggest it. If you want the Tribe to have an employee who teaches carving (to both adults and youth) and visits the local schools to do activities with the kids on "Native History" this would be the place to bring it up. Hope to see you all there!  
- Vicki



**Salish Cliffs  
GOLF CLUB**

**ATTENTION GOLFERS!**  
**2015 Golf passes  
NOW AVAILABLE!**

**SQUAXIN ISLAND TRIBE MEMBERS**  
\$500+TAX ALL INCLUSIVE

**SIT AND LCCR EMPLOYEES**  
\$500+TAX (PAY \$20 CART FEE EACH TIME YOU PLAY)  
OR \$1,100+TAX ALL INCLUSIVE

CALL OR VISIT SALISH CLIFFS GOLF SHOP  
FOR MORE DETAILS OR TO SIGN UP  
360.462.3673  
WWW.SALISH-CLIFFS.COM  
91 WEST STATE, ROUTE 108, SHELTON, WA 98584



**JUNIOR GOLF CAMP**  
OFFERED WEEKLY JUNE 23-AUGUST 27  
TUESDAY, WEDNESDAY & THURSDAY 1PM-3PM

EACH 3 DAY CAMP WILL INSTRUCT JUNIOR GOLFERS (AGES 7-17) IN ALL ASPECTS OF THE GAME. COURSE APPROPRIATE ATTIRE RECOMMENDED. RENTAL CLUBS PROVIDED.

\$65/WK SQUAXIN ISLAND TRIBE DESCENDANTS  
\$95/WK PUBLIC

CALL FOR INFORMATION (360) 462-3673



**ADULT GOLF CLINICS!** FRIDAYS 5:30PM JUNE-SEPTEMBER

Join our PGA staff for a golf clinic and range session. We want to share our passion for the game and give you an opportunity to experience our nationally acclaimed golf course. Clinics last approximately one hour and will highlight one important topic each week. No clubs? No problem! Just bring yourself and your proper golf attire and we'll take care of the rest.

**FREE** FOR SQUAXIN ISLAND TRIBE MEMBERS, SQUAXIN ISLAND EMPLOYEES & LITTLE CREEK EMPLOYEES  
**\$15** FOR GUESTS

**TO SIGN UP OR FOR MORE INFORMATION!**  
**CALL (360) 462-3673**

91 WEST STATE ROUTE 108 | SHELTON, WA 98584 | WWW.SALISH-CLIFFS.COM







## Mark Your Calendars

### First Salmon Ceremony

July 31st!



## Passing of Richard Johns

*The family of Richard Johns will provide a complete announcement of his passing in the July issue of the Klah-Che-Min. Thank you.*



Winter came to us last year in 11th grade with only 5 high school credits. Through her hard work and determination she was able to catch up and will now walk with her class on time. We have watched Winter blossom into an internally motivated young lady with hopes and dreams that are within her reach. She's even enrolled in SPSCCC!!! Can I get a "what what" LOL. We couldn't be more proud of our lil "Winner."

***You deserve the world so go out there and get it.***

Much love to ya...

Scott, Christine, Shila, Sierra, and Verna

*We are the Semanko, BlueBack, Henry, White family : )*



SKOOKUM CREEK  
TOBACCO  
FACTORY OUTLET STORE

**"JUNE SPECIAL"**

**ALL PREMIS**

**\$28.75**  
Per Carton

Located at the factory  
Hours: M - F 9 AM - 3 PM

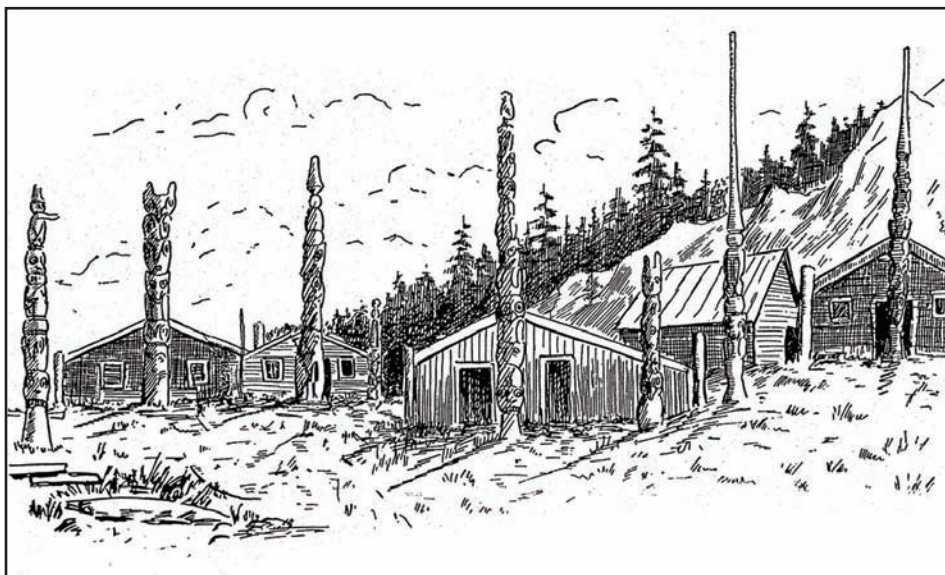
**MUST SHOW TRIBAL MEMBERSHIP CARD**  
(95.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY)

**NOT INCLUDED IN MONTHLY SPECIALS**



To contact a  
Squaxin Island  
Police Officer Call:  
**360-426-4441**

If it is an  
**EMERGENCY**  
CALL 911







## Shelton School District's Indian Education Awards Banquet



Shelton School District's Indian Education Awards Banquet was held on June 15th. Pictured are high school graduates receiving traditional button robes with June Krise blanketing nephew Douglas McFarlane. *Photo by Charlene Abrahamson. Watch for a full presentation of graduates in next month's Klah-Che-Min.*

ENJOY WASHINGTON'S GREAT OUTDOORS

Please hang from rear-view mirror. This side must face forward.

**Old Annual Pass**

**ANNUAL PASS**

VALID ON DNR, WDFW AND STATE PARKS LANDS

NOT FOR RESALE

Annual Pass N° SQ00000

**New Annual Pass**

**ANNUAL PASS**

VALID ON DNR, WDFW AND STATE PARK LANDS

NOT FOR RESALE

Annual Pass No. SQ

Squaxin Natural Resources has been issued new DNR, WDFW and State Park Lands Annual Passes. If you currently have the old yellow annual pass, they are being phased out for the newer pass. Please come to Squaxin Natural Resources Department to receive the new annual pass.

Please note that the annual pass will be issued to Squaxin Tribal Members only. These annual passes are not intended for recreational use. The pass allows tribal members to park or operate a motor vehicle on state-managed recreation lands, without fees, for the purpose of conducting tribal cultural activities.

## Center News

June 2015

(360) 426-1390

### Hop-A-Thon

The children enjoyed the Hop-A-Thon and we raised just over 300 dollars. Thank you so much for your help and support. If your child turned in funds their prize items should be here in a few weeks.



### Always taking donations

The center is always taking donation of gentle used items here are some ideas:

- Books
- Clothes
- Outside play equipment
- Stuffed Animals
- Items for dramatic play (shoes, ties, hats)
- Non-violent or commercial toys (i.e. no batman, hello kitty etc.)
- Kids body wash/Shampoo
- Gardening items

### Reminder

The weather is getting much nicer. Please be sure your child has an up to date sunscreen form and appropriate clothing. We want to be sure they are protected from the heat and the sun.

### Center Events

- May 22nd closed for staff in-service day
- May 25th closed for Memorial Day
- May 28th Last sash night
- June 5th Preschool Graduation

### Our Mission

To provide a nurturing, challenging environment that encourages and enhances each child's on-going learning and development through play.





# PETE KRUGER RETIREMENT PARTY



## Thank You Squaxin Island Tribe !!!!!

I would like to begin by saying Thank You, from the bottom of my heart, to all who attended my retirement party May 1, 2015, given for me at the Natural Resources Dept. I can't begin to tell you how touched I was.

I would like to say Thank You to the Squaxin Island Tribal Council for the beautiful carving you gave me. I will treasure it always. I would all so like to say it has been a pleasure and honor serving on Tribal Council for the last 12 years. The Tribe has come so very far, and I am proud to have been able to be a small part of what it has accomplished.

I would like to say Thank You, to the Natural Resources Dept. for the great send off. My hands go up to Andy, Julz and each and every one of you giving your all to put this celebration together. The bentwood box is beautiful, and every time I look at it I think of the years we've worked together. It has been an honor working with each and every one of you in our department. I have so many wonderful memories. WHAT A DAY!!!

A big Thank You to Melissa for all your support and help with my Tribal Council travel arrangements, I know you were always looking out for me, and it didn't go unnoticed.

I want to say Thank You, to the Finance Dept. for all your support over the many years. I want you to know how terrific each of you are. You have been a wonderful group to work with, and I will always hold each of you dear to my heart, for taking such good care of me. Now I can go target practicing! I love it.

A Thank You, to Information Services, who were always there to help me with my computer and phone. I hope your work load will be a little easier with me out of your hair.

I want to say Thank You to the casino / golf course for the very generous gifts and to say it was a pleasure working with you, and know I've made some lifetime friendships.

I want to say Thank You, to Island Enterprises, Inc., the tobacco factory, Salish Seafoods, the KTP with a big Thank You to each and every tribal employee for all your hard work; if it wasn't for you employees, the Tribe wouldn't be where it is today. You are to be commended.

A special Thank You, Wesley and Leila, for the beautiful drum. It sits in my living room and I look at it many times a day. I will always treasure it and the two of you. Love Ya !

A Thank You, to the Health Clinic and all your dedicated employees; if it wasn't for all of you, I probably wouldn't be here to say Thank You. My hands go up to all of you.

A Thank You, to Vinny and Margaret for the lovely carved canoe.

A Thank You, to all who traveled from other Tribes and who I have worked with through the years. I was so honored when you spoke. I will cherish our friendships and I am so honored to call each and every one of you my friends.

A Thank You, to Jeremiah and Vicki for the song and wonderful words of love for family.

Last but not least, I Thank my lovely wife for always being there for me and keeping me grounded, my sons, daughters, grandkids, great-grandkids, cousins, nieces, and nephews. Family is what it is all about.

You make an old man's heart so very proud.

Thank You for all your cards and well wishes,

Sincerely,

Pete Kruger Sr.







# PETE KRUGER RETIREMENT PARTY







Logo by Samantha Ackerman

## Squaxin Safe Streets

Thank you to everyone who came out to celebrate the dedication of our mural project, titled “g̓əḏʔadad” (teachings of our ancestors). We celebrated the creativity of young men who represent their people and brought together youth, families and elders in a lasting symbol of collaboration and pride. Over 70 community members of all ages joined us, though we know that even more hands took part in making this project a reality. Each day, more hands support our young people to grow into healthy young men and women, embracing them in hard times and celebrating their achievements. Day and night, more hands work to bring healing, cultural teachings and safety to the Squaxin Island community. May we all be inspired to keep this work going, as several of our Tribal Council members urged us to do at that gathering. Like the camas that we harvested and offered as gifts, the work of this project will grow as we plant and nurture it in our community. Our work is not over!

We followed the dedication with a collaboration between Tribal departments to offer 3 days of Wellness activities during National Prevention Week, May 17th-23rd. The activities offered by Squaxin Executive Services, Family Services, Education, TANF, Behavioral Health and Outpatient Departments and SPIPA centered on healthy lifestyles, substance abuse prevention and mental wellness. Let's keep this ball rolling and keep up the good work!

Squaxin Safe Streets invites everyone to our next meeting on June 16th at 5:00 p.m. in the Community Kitchen. Also, mark your calendars for the kickoff of the Squaxin Island Explorers program on Saturday, July 11th!



### *Drug and alcohol related calls for service for the month of April 2015, from the Squaxin Island Police Department:*

11 incidents (8 Drug, 3 Alcohol)

- 4 arrests
- 3 citations/infractions
- 2 referred to Tribal Court
- 2 referred to other agencies

Remember: We now have 10 block watch captains throughout the reservation who are committed to help you report illegal activity, give out window decals and safety gear, and be community resources







## ***ATTENTION ALL STUDENTS***

Do you know someone who is graduating high school, has received their GED, completed their AA, BA, MA Degree, or has received a certificate for a vocational/technical program?

To be recognized please send/fax your information to Mandy Valley by;

**4:00pm Friday June 5, 2015.**

Please see contact information below

The Squaxin Island Tribal Council, Education Commission and the Tu Ha' Buts Learning Center would like to recognize and celebrate these individuals at the seventeenth Annual Sgwi-gwi Celebration.

***18TH Annual Sgwi-gwi Celebration***

*Friday June 12, 2014*

*5:00pm Little Creek Events Center*

## **Elders Lunch Menu**

**6/1 -6/4**

Monday: Enchilada bake, green salad, fresh fruit  
Tuesday: Baked potato soup, chicken salad sandwich, fresh fruit, green salad  
Wednesday: Burger dips, potato wedges, fresh fruit, green salad  
Thursday: Taco bar, green salad, fresh fruit

**6/8-6/11**

Monday: Chicken fettuccini casserole, asparagus, fresh fruit, salad, parmesan flat bread  
Tuesday: Clam chowder, tuna sandwich, fresh fruit, salad  
Wednesday: BBQ ribs, potato salad, baked beans, biscuits  
Thursday: Pork loin, twice baked potatoes, corn on the cob, fresh fruit

**6/15-6/18**

Monday: Chicken divan, green beans, salad, fruit  
Tuesday: Potato/sausage Italian soup, meatball subs, fruit, salad  
Wednesday: Pot roast, mashed potatoes & gravy, corn, rolls  
Thursday: Baked potato bar, broccoli, fruit, salad

**6/22-6/25**

Monday: Sausage & pasta bake, broccoli, fruit, rolls  
Tuesday: Hamburger/vegetable soup, turkey sandwiches, fresh fruit, salad  
Wednesday: Ginger chicken wings, mixed vegetables, oriental salad, white rice  
Thursday: Bratwurst, macaroni salad, baked beans, fresh fruit

**6/29-6/30**

Monday: Bacon & cheese quiche, green salad, fresh fruit  
Tuesday: Tomato Basil with raviolini soup, grilled cheese sandwich, fresh fruit, green salad



## **Happy Belated 45th**

(my fault - theresa)

**Wedding Anniversary  
Mike & Rhonda!**

## **Do you have Child Support Concerns?**

- Large debts?
- Amounts set too high/low?
- Support orders needing to be Modified?



The Washington State Division of Child Support has representatives available the third and fourth Wednesdays of the month at ***Building Strong Families Through Culture at the Community Kitchen from 3 to 5 pm.*** We're also available at the TANF office from 1:00 p.m. to 3:00 p.m. on the third Wednesday of the month.

Come see us and we'll walk you through all the confusion!



**Love you both...  
Vinny & Margaret**





## Sgwi' Gwi is here!

June is here and that means it's time for the 2015 Sgwi' Gwi Celebration. Please join us on Friday, June 12 at the Skookum Creek Events Center, from 5:00 - 7:00 p.m., as we celebrate the educational achievements of Squaxin students of all ages. Do you know someone who is graduating high school, has received their GED, completed their AA, BA, MA Degree, or has received a certificate for a vocational/technical program? The Squaxin Island Tribal Council, the Squaxin Island Education Commission and the Tu Ha' Buts Learning Center would like to recognize and celebrate these individuals. To be recognized, please share your information with Mandy Valley at (360) 432-3882.

## In Memory of David Seymour Sr.

With the passing of David Seymour, his friends at the Puyallup Police Department sought a way to honor his memory. Recognizing his joy in supporting youth, Allen Gerking donated 22 specially-decorated basketballs that Terri Capoeman has graciously brought to the TLC for use by the kids in the afterschool activity program. We offer our thanks to Allen Gerking and to Terri Capoeman and the Seymour family for this generosity. We'll make sure to share pictures of the kids enjoying the new basketballs on our Facebook page.

## CHUM Project/ Teen Center

Laurel Wolff - On May 1st, the basketball team traveled to Ocean Shores to participate in the Taholah youth basketball tournament. The team played really well against much bigger and older players. You never know how hard you can play until you are forced to play against kids who can dunk. I am very proud of the team this year. Their attendance at practice is consistently improved and they have gained a lot of skills. Many thanks go to Isiah Coley and Jeremiah Roberts for all the help this year in supporting the team. They both gave much of themselves and their time to work with the youth on improving their basketball skills and teamwork.

Teens helped harvest camas for the mural dedication ceremony that happened May 12 at the TLC. Our thanks go to Redwolf Krise and Aleta Poste for teaching the youth about harvesting traditional foods. Teens also participated in the Alaska Airlines Aviation Day on Saturday, May 16. Thank you, Chazmin Peters, for helping promote the event and offering support to Squaxin teens during the event. Teen participants learned about a variety of potential careers in aviation and aerospace.

Looking forward to June, teen activities include another Youth Council outreach day plus a trip to Trampoline Nation as a reward for teens who participated in the outreach day. On June 17, we will be traveling to Nisqually to participate in an interactive practice with the Seattle Storm. Last year's event was really fun and we are looking forward to this amazing opportunity again. On June 18, the CHUM Project will be taking teens who earned 100 points in our recent contest to Wild Waves! Overall, the Teen Center will be closed after June 16th and will reopen in September. Keep up to date with teen activities by visiting our Facebook page under Squaxin Teens. Have a great summer!

## Youth Activity Program

Jerilynn Vail - As we wrap up the school year, the last day of our after-school program is June 16. Beginning June 17 we will be closed to get ready for the Summer Rec program. The new registration packets are ready for families to swing by to pick them up. Any youth attending the Summer Rec program will need to have an updated form on file prior to attending.

We are extending our hours for the Summer Rec program from 7:30 a.m. - 4:00 p.m. As youth arrive we will have staff here to get them signed in. Each youth will have their own cubbies, but please remember we are not responsible for any lost or stolen items. We will keep the kids busy with games and activities throughout the day, please encourage your youth to keep video games at home. We will be handing out Summer Rec field trip t-shirts on the first day. We will be writing all the youth's names on the inside of the t-shirts, in hopes when a youth leaves their shirt behind, we can find it. It's important for the parents to remind their youth, each child must sign in and out with the staff daily. Throughout the day, we will conduct name to face attendance to ensure we have all the youth signed in.

We are a host site for the USDA summer food program. We will be open to provide meals for youth throughout our Summer Rec Program. Meal times include breakfast from 9:00 - 9:30 and lunch from noon - 12:30.

## Youth Council

Jaimie Cruz - The Squaxin Island Youth Council had re-elections on April 30, 2015 in the Mary Johns Room (aka the "Teen Room"). Youth Council results are: President - Sierra Blueback, Vice President - Nicole Rowell, Secretary - Sammy Ackerman, Treasurer - Austin Penn, Sargent at Arms - TBA, 6th Grade Rep - Aaron Evans and Sophia Lynn, and 7th Grade Rep - Kiana Henry. Squaxin Youth Council submitted their application to the GEN-I challenge on March 13, 2015. They have made a Facebook page where elders in the community can post any needs they have. A drop box has been made for the elders who aren't on social media and that will be located at the Elder's building. A representative from Youth Council will contact the elder and arrange a day for a group of teens to complete the task. The needs can vary from gutter cleaning, lawn mowing, or even just helping rearrange furniture. All youth are welcome to the Squaxin Island Youth Council meetings. The next scheduled meeting is June 4th at 3:30 p.m. in the TLC. Hope to see you there!



Top, L-R: Malia Henry, Nicole Rowell, Austin Penn, Sierra Blueback, Tamika Krise, Samantha Ackerman, and Mekayla Dres  
Bottom, L-R: Kiana Henry, Aaron Evans, and Sophia Pinon





## Education Liaison News

Peggy Peters - Cyber-bullying - The internet provides many opportunities for entertainment, education, research, music, social media and much more. This current generation is the first to have grown up with the internet. Unfortunately, some adults, teens, and even children are becoming cyber bullies or cyber-predators. Cyber-bullying covers a wide range of behavior, including harsh, rude, insulting, or teasing remarks; targeting body parts and body shape, grades, family, gender orientation, and personal habits. Washington State has passed cyberbullying laws.

We have heard the warnings of how cyber-bullying can lead to emotional issues, low self-esteem and self-harm. Parents and guardians need to watch their children for signs of cyber bullying such as not using their cell phone, acting nervous when they receive a text, and seeming uneasy about school or withdrawn from friends and family. As important as it is to watch for signs of cyber bullying, it is even more important on how will you help your child. Parents can help prevent cyber bullying by being aware of what your teen is doing online. Set rules for your child and monitor the websites they visit. Tell your child you care and want them to tell you if they are being bullied or if they know someone who is being bullied.

What can you do if you are being cyber bullied? You can block the person on Snapchat, Twitter, Instagram, and Facebook. Report the inappropriate behavior to the Site Administrator. Children and teens should tell someone - your parents, a teacher, or a counselor, and show them what is being posted. Don't let the bully know they upset you. Parents fill out a school report and submit it to the principal. If you don't feel safe, report the incident to the police. For more information on bullying, go to [www.stopbullying.gov](http://www.stopbullying.gov).

*Basketball tourney at Quinault*



## Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm

Front Desk: 432-3958

Rec Rm: 432-3957 (only 3-6pm)

*All activities are drug, alcohol and tobacco free.*

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 3-6pm  Open Swim: 3-6pm	2 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Open Gym: 3-6pm	3 <i>GSD-ER @ 2:30</i> Rec Rm: 2:30-6pm Crafty Kitchen: 5-6pm Open Gym: 2:30-6pm  Open Swim: 3-6pm	4 Rec Rm: 3-6pm Drum Group: 5-6pm Open Gym: 3-6pm	5 <i>SSD-ER 1.5 HRS</i> Rec Rm: 2:30-6pm Fun Day: 5-6pm Open Gym: 2:30-6pm  Open Swim: 5-8pm
8 Rec Rm: 3-6pm Game Day: 5-6pm Open Gym: 3-6pm  Open Swim: 3-6pm	9 Rec Rm: 3-6pm Arts-n-Crafts: 5-6pm Open Gym: 3-6pm	10 <i>GSD-ER @ 2:30</i> Rec Rm: 2:30-6pm Crafty Kitchen: 5-6pm Open Gym: 2:30-6pm  Open Swim: 3-6pm	11 <i>GSD-LAST DAY</i> <i>WHL-LAST DAY</i> Rec Rm: 12:00-6pm Drum Group: 5-6pm Open Gym: 12:00-6pm	12 <b>Closed for Sqwi-gwi</b>  Open Swim: 5-8pm
15 Rec Rm: 12-6pm Game Day: 5-6pm Open Gym: 12-6pm  Open Swim: 3-6pm	16 <i>SSD-LAST DAY</i> Rec Rm: 11:30am-6pm Arts-n-Crafts: 5-6pm Open Gym: 11:30-6pm	The afterschool program will be closed after June 16th while the staff begins preparing for the 2015 Summer Rec Program. Summer Rec starts on Monday, July 6th and goes through Friday, August 14th.		
<b>TLA:</b>  <b>After School Snacks:</b> <b>Computer Lab:</b>  <b>Sylvan:</b> <b>Homework Help, GED Prep:</b>		M: 1:00 - 4:00 p.m. 5:00 - 7:00 p.m. W: 3:00 - 6:00 p.m. Th: 1:00 - 4:00 p.m. F: 1:00 - 4:00 p.m. M-F: 3:45 - 4:45 p.m. M-Th: 3:00 - 7:00 p.m. F: 3:00 - 5:00 p.m. M-Th: 4:30 - 6:30 p.m. T-TH: 4:00 - 7:00 p.m.	<i><b>ER = Early Release</b></i> WHL = Wa-He-Lut Indian School SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy	





## GED Preparation Classes and Homework Support

Jamie Burris - With the school year coming to an end, there are only a few weeks left to come to the TLC and study for your GED in the evenings. Once summer school starts GED study time will change to mornings.

Right now, come ready to learn on Tuesdays, Wednesdays and Thursdays 4:00 p.m. – 7:00 p.m. Beginning mid-June, the new schedule moves to Mondays, Tuesdays, and Wednesdays from 9:00 a.m. – 12:00 p.m.

If you're still in school, end the school year on a positive note! Come in to get those missing assignments completed and study for your finals. I am here to help you earn your credits so you don't have to spend your summer mornings making up credits. Make these last two weeks of school count!

For more information or if you have any questions, please feel free to contact me: Jamie Burris at jburris@mcclary.wednet.edu.

## Higher Education News

Mandy Valley - Just a reminder that summer quarter is by special request only! You must write a special request letter to the Education Commission along with a Memorandum of Commitment, summer class schedule and official grades from spring 2015. The deadline for summer 2015 applications is May 25th. Also, August 7th is the deadline to turn in all completed paperwork for the 2015/2016 school year. Paperwork can be picked up at the Education Department between the hours of 7:30 - 4:00. If you have any questions or need any assistance please feel free to email me at mvalley@squaxin.us, or call me at (360)432-3882.



Alaska Airlines Aviation Day

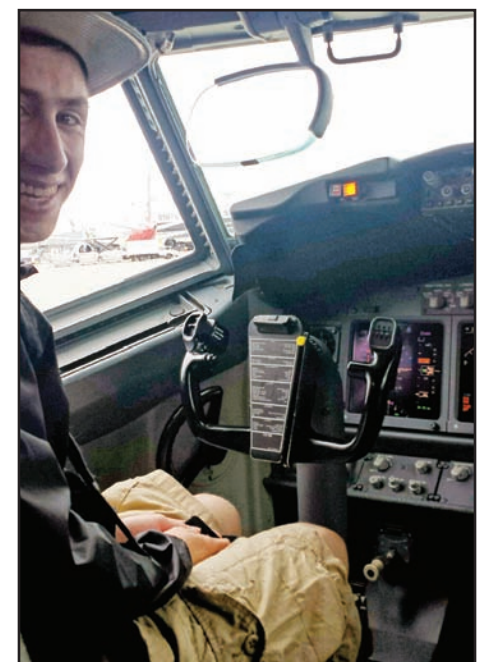
## Summer Rec Calendar

Hours: 7:30 a.m. - 4:00 p.m.

	Monday	Tuesday	Wednesday	Thursday	Friday
July 6 <sup>th</sup> – 10 <sup>th</sup> Up, Up & Away	Center Based: Bully Prevention & Officer Brewer w/ her dog Jack	Field Trip to: <u>Kapowsin Skydiving</u>  Leave @ 10:30am Return @ 2:30pm	Center Based: Swimming, Bully Prevention & Squaxin Dental Clinic	Field Trip to: <u>Tumwater Lanes</u>  Leave @ 10 am Return @ 2:30pm	Center Based: Swimming & Cultural Activity
July 13 <sup>th</sup> – 17 <sup>th</sup> Sports mania	Center Based: Bully Prevention & Activities	Field Trip to: <u>Regal Cinema- How To Train Your Dragon 2</u> Leave @ 9am Return @ 2:30pm	Field Trip to: <u>Seattle Storm Kids Day</u> Leave @ 9am Return @ 3:30 pm	Center Based: Activities & Squaxin Dental Clinic	Center Based: Swimming & Cultural Activity
July 20 <sup>th</sup> – 24 <sup>th</sup> By Land & Sea	Center Based: Bully Prevention & Activities	Field Trip to: <u>NW Trek</u> Leave @ 9 am Return @ 3:30 pm	Center Based: Swimming, Bully Prevention & Squaxin Dental Clinic	Field Trip to: <u>Woodard Bay</u> Leave @ 10 am Return @ 2:30 pm	Center Based: Swimming & Cultural Activity
July 27 <sup>th</sup> – 31 <sup>st</sup> Old Fashion Fun	Field Trip to: <u>Day Camp Day @ Tacoma Rainiers</u> Leave @ 10am Return @ 3:30 pm	Center Based: Activities	Center Based: Swimming & Bully Prevention	Field Trip to: <u>Pacific Paradise Family Fun</u> Leave @ 9 am Return @ 3:30 pm	First Salmon Ceremony Leave @ TBA
August 3 <sup>rd</sup> – 7 <sup>th</sup> Science Exploration	Center Based: Activities	Field Trip to: <u>Regal Cinema- Lego Movie</u> Leave @ 9 am Return @ 2:30 pm	Center Based: Swimming, Bully Prevention & Squaxin Dental Clinic	Field Trip to: <u>Laser Fun Zone</u> Leave @ 10 am Return @ 2:30 pm	Center Based: Swimming & Cultural Activity
August 10 <sup>th</sup> – 14 <sup>th</sup> End of Summer Fun	Center Based: The Reptile Guy from 10:15-11:15am & Field Day from 1-4pm	Field Trip to: <u>Charlie Safari</u> Leave @ 10 am Return @ 2:30 pm	Center Based: Swimming, Bully Prevention & Squaxin Dental Clinic	Field Trip to: <u>Skateland</u> Leave @ 10 am Return @ 3:45 pm	Center Based: Swimming & Cultural Activity

\* Field Trips and times could change. Families will be notified.

Please refer to our weekly newsletter on Friday's.







# LEARNING CENTER



## CHUM Calendar

Teen Center hours 3:00-6:00pm unless otherwise noted  
Laurel Wolff teen advocate: 432-3842

Monday	Tuesday	Wednesday	Thursday	Friday
1  Baseball Practice 4-5pm	2  Baseball Practice 4-5pm	3  Culture Night – Community Kitchen 3:00-5:00  Baseball Practice 4-5pm	4  Youth Council 3:30-4:30	5  Early Release  Youth Council trip to Trampoline Nation
8  Baseball Practice 4-5pm	9  Baseball Practice 4-5pm	10  Culture Night – Community Kitchen 3:00-5:00  Baseball Practice 4-5pm	11  Youth Council 3:30-4:30	12  Sqwi-Gwi  Teen Center Closed
15  Baseball Practice 4-5pm	16  Last Day of School!!!  Baseball Practice 4-5pm	17  Seattle Storm interactive Practice @ Nisqually Van leaves at 2pm Return around 6pm	18  Wild Waves 9am -7pm	19  Outdoor Club 10 am -6 pm
22  Teen Center Closed	23  Teen Center Closed	24  Teen Center Closed	25  Teen Center Closed	26  Teen Center Closed
29  Teen Center Closed	30  Teen Center Closed			



*Alaska Airlines Aviation Day*



*Loretta root digging*

## June 2015

- **Father's Day Doughnut** on Monday, June 8<sup>th</sup> from 5-6pm in the Rec. Room. We will have delicious fresh doughnuts for our after-school kids father, grandfathers, uncles and loved ones! Please come join us for a little treat!



- We are having an end of the year BBQ for the youth on Tuesday, June 16<sup>th</sup> from 4-4:45pm. Swing by to congratulate the youth and join us for our BBQ.



- Parent Advisory Committee will meet on Thursday, June 18<sup>th</sup> from 1-2pm upstairs in the classroom.

Any questions, please contact Jerilynn at 432-3992 or [jvail@squaxin.us](mailto:jvail@squaxin.us)





Congratulations to: Herb, Traci, Don, John, Glen, Paula, Bob & Traci!

Managing Diabetes...  
It's not easy, but it's worth it.



Congratulations for Taking Care of your Diabetes!  
Socks awarded to those having all tests/exams  
Indian Health Services recommends!



## Managing Diabetes:

*It's not easy, but it is worth it.*

### Socks Awarded Congratulations!

Submitted by Patty Suskin, Diabetes Coordinator - Great work & congratulations to the 14 people awarded the socks as recognition of completing all the 2014 tests & exams recommended by the IHS Standards of Care for Type 2 Diabetes. By making these and more healthy choices, we expect our people to live a long, healthy life with diabetes. Can you recognize any of the people in this collage?

Also pictured is Dr. Ott meeting with Diabetes Support in April discussing the importance of blood pressure control (see article on Page 19 for a summary of what was discussed).



Dr. Ott shares his wisdom on Blood pressure at  
Diabetes Support Group in April



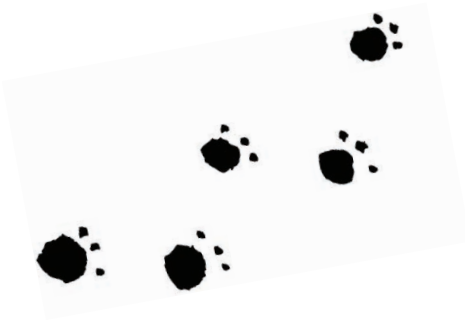
## Healthy Kidney FACT:

*What's YOUR blood pressure?*

To keep your kidneys healthy, keep blood pressure under 140/90.

Make an appointment & have your blood pressure checked.





## Purchased Referred Care Services Information (Formally known as Contract Health Services)

We would like to remind everyone of information that is important for your Purchased Referred Care (PRC) formally known as Contract Health Services (CHS).

If you do not have any medical insurance, it is required by PRC rules that you apply for alternate resources, for us that includes ProviderOne (Medicaid), even if you feel that you would not be eligible. PRC must show proof of acceptance or denial. You can make an appointment with Jacyn Meyer at the front desk at Squaxin Island Health Clinic and she will help you get signed up with ProviderOne (Apple).

Even though you may already have a Primary Insurance such as Group Health Options, Medicare or First Choice, etc., you can still sign up for ProviderOne and you may be eligible, giving you Double Medical Coverage.

Another issue that has been brought to our attention is co-pays, deductibles, co-insurance and RX payments to Group Health. If you are seen at Group Health for any emergency, pregnancy or for care that cannot be obtained at our clinic, you will need to pay any out of pocket costs. We are unable to coordinate PRC benefits with Group Health, thus requiring you to pay instead of obtaining a purchase order. You may be eligible to have these out of pocket costs reimbursed. Once you have paid, submit the receipt to Tootsie at PRC in a timely manner. Once she has established if you are eligible, she will be able to submit a request to have you reimbursed for these out of pocket costs.

### Remember to call to get your Purchase Orders.

- If you are PRC eligible and you have an appointment, lab work or x-rays outside of our clinic, you must obtain a Purchase Order before your appointment.
- If our clinic makes arrangements for an appointment, it is still YOUR responsibility to obtain a Purchase Order.
- All Purchase Orders are for the date of the appointment only.
- If your appointment is Rescheduled or Cancelled, REMEMBER it is YOUR RESPONSIBILITY to call for a new Purchase Order.
- Also, it is wise to call ahead of time instead of on the day of your appointment.

You can get a Purchase Order from Tootsie by calling 360-432-3922.

You are always welcome to call Tootsie at 360-432-3922 if you have any questions about how PRC or what the rules and regulations are.

## Steps for Relaxation

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Deeply relax all your muscles, beginning at your feet and progressing up to your face. Keep them relaxed. Relax your tongue - and thoughts will cease.
4. Breathe through your nose. Become aware of your breathing. As you breathe out, say the word "one"\* silently to yourself. For example, breathe in, and then out, and say "one"\*, in and out, and repeat "one."\* Breathe easily and naturally.
5. Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened. Do not stand up for a few minutes.
6. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling upon them and return to repeating "one."\*
7. With practice, the response should come with little effort. Practice the technique once or twice daily, but not within two hours after any meal, since the digestive processes seem to interfere with the elicitation of the Relaxation Response.

\*Choose any soothing, mellifluous sounding word, preferably with no meaning or association, in order to avoid stimulation of unnecessary thoughts.

Sunny delight is  
not juice; it is  
"sugar water" –  
just like soda pop  
& kool-aid.



Submitted by Patty Suskin, Registered Dietitian Nutritionist with SPIPA WIC

Q. How do you know what is in that beverage you or your child is drinking?

A. Read the label where it says "ingredients".

Sunny Delight ingredient list says: water, corn syrup, and 2% or less of the following juices: orange, tangerine, apple, lime, grapefruit.

Does the product say 100% juice? Check your label & only choose 100% juice.  
Even 100% juice should be limited .

### The American Academy of Pediatrics recommends the following:

- Breastmilk is the only nutrient to feed babies until age 4 to 6 months.
- Solid Foods can be introduced to infants after age 4 to 6 months.
- Work with your baby to drink from a cup starting at 6 months.
- Fruits juice can be used as part of a meal or snack & should only be offered in a cup.
- To avoid cavities, do not allow your child or infant to sip juice throughout the day.
- Consider offering whole fruits instead of juice.
- Besides cavities, too much juice can cause diarrhea, obesity, "picky eater" because they fill up on juice.

### 100% Juice recommendations:

under 6 months= none  
1 year to 6 years: 2 ounces (1/4 cup ) to 4 ounces ( 1/2 cup ) a day  
7 to 18 years: 8 to 12 ounces a day

### Suggestions:

- Dilute juice to mostly water & a few drops of juice.
- Offer water. If your tap water is not so good, consider a water filter on your tap, the Brita system, or water service.

Consider drinking water an investment in good health for the entire family.





## Outdoor Activity

### Check out nearby Goldsborough Creek Trail

Did you know that our Natural Resources Department staff assisted in bringing back salmon to this area? This trail provides access to the former site of the Goldsborough dam that supplied power to the city of Shelton and later to the Simpson Lumber Company from the late 1890s until the late 1990s. In 2001, the 30-foot-high dam was removed, replaced with 34 concrete weirs spaced down the drop to allow salmon to climb past the former dam site to spawn in the headwaters in the marshes near Little Egypt Road.

#### To get there:

The trail starts just off Hwy 101 at the West Shelton/Matlock Rd Exit, head west then turn right onto West Hulbert Road, past Gillis Auto Center, a gated area toward the storage units at the driveway to the Pavillion/Shelton Senior Center, and follows the old dam road for about 400 meters before a side trail leads to the creek and then along the creek side back to behind the car dealership. In addition to the weirs, there are a number of trees that create obstacles and pools. In summer the weirs are popular with white-water kayakers during the spring runoff. The forest is mixed lowland trees and shrubs, with abundant sea spray, just starting to bloom. The lower loop trail is less than a mile. A less-distinct trail continues another several hundred meters to the Simpson Railway where it crosses the creek.



## Fruit Kabobs



### Ingredients

- |                                |                       |
|--------------------------------|-----------------------|
| 1 pound of strawberries        | 2-3 kiwis             |
| 2 oranges                      | 1 cup of blueberries  |
| 1-2 cans of pineapples         | 1 1/2 pound of grapes |
| 5 ounces of dark chocolate 60% | 1 package of skewers  |

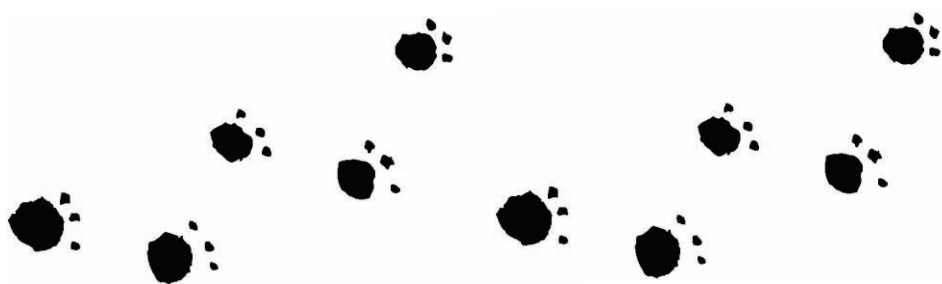
Cut the kiwi and orange crosswise, then cut each round crosswise. To prepare the skewers, put 2 blueberries about 1/3 of the way down the skewer, add a few pieces of kiwi, pineapple, orange, grapes and a few blueberries in between. Top off with a chocolate dipped strawberry on the end. To prepare the strawberries cut the leafy top off and then cut the strawberry in half.

### Dark chocolate preparation

Use medium pot fill it 1/4 of the way with water, place a metal bowl that will hold securely over the top of the pot, making sure that the water in the bottom of the pot isn't touching the bottom of the bowl that is placed on top of it. Turn the burner on to Medium High setting. Once the water is boiling Place the chocolate in the bowl and the steam from the water should fully melt the chocolate within 5 minutes. Once the chocolate is melted turn the burner down to low setting. Place the strawberries into the chocolate and spin around so that a layer of chocolate fully covers the strawberry, place the chocolate covered strawberry on wax paper, once finished with all of the strawberries, place them in the freezer for 5 minutes for the chocolate to harden, and then top off your skewers and enjoy.

Recipe submitted by: Melissa Grant-Diabetes Prevention program

360-432-3926







## Health care professionals agree: High blood pressure is a big deal.

Healthy Blood Pressure - Why you need it, how to get it.  
Dr. Ott from Diabetes Support Group on 4/16/15:

High blood pressure can lead to damage of your blood vessels, heart, kidneys, and other organs in your body. Heart disease and stroke, both caused by high blood pressure, are the first and fifth leading causes of death in the U.S. The scary thing about high blood pressure is that you may have it without even knowing it. That's why doctors often call high blood pressure the "silent killer"

### What is blood pressure?

Healthy Blood Pressure is under 140/90. This should be a resting blood pressure. The top number, "systolic" is the pressure when the heart beats, or is contracted. The lower number, "diastolic" is measures the pressure in the arteries between heartbeats (when the heart muscle is resting). Sometimes people's blood pressure goes up when go to the clinic, so good to have your own blood pressure machine at home. Bring it in to the clinic to "calibrate" it to correspond with our readings.


Blood pressure is different at different times in the day. Check at various times and look at the average.

### What are some good home blood pressure brands?

Brands: Omron - Costco or Walmart – about \$40-\$50

### What you can do to keep your blood pressure healthy?

1. **Exercise:** Regular physical activity makes your heart stronger. A stronger heart can pump more blood with less effort. How much exercise? Start slowly - maybe 5 minutes a day & gradually increase to the goal. American Heart Association recommends you get at least 150 minutes per week (that is 30 minutes a day, 5 days a week).
2. **Reduce your weight:** As your body weight increases, your blood pressure can rise. In fact, being overweight can make you more likely to develop high blood pressure than if you are at your desirable weight. Consider reducing soda pop and sweets and increasing vegetables. For individual suggestions, call Patty, our Registered Dietitian Nutritionist, at 360.432.3929
3. **Reduce salt or sodium:** Eating meals prepared from "scratch" can reduce sodium. Check the labels when you buy packaged foods. Eating more fruits and vegetables can increase your fiber and decrease your blood pressure. Dean Ornish, MD has written several books with suggestions for a healthier lifestyle.
4. **Meditation:** Relaxing for 15 – 20 minutes a day can promote better health. People who meditate regularly enjoy lower stress levels, increased wellbeing and even were able to reduce their blood pressure levels and resting heart rate. Page 17 is a good resource (see article: *Steps for Relaxation*).
5. **Medications:** Lots of choices. Some people do better with one medication & others better with another. Talk with your provider to see what may work for you.



**Tuesday,  
June 9th is  
WIC DAY at  
SPIPA**

**WIC at SPIPA**  
(Women, Infants, and Children)  
provides healthy foods &  
nutrition information for you and  
your child up to age 5.  
**Please bring:**  
Your child, Provider One Card  
or paystub and Identification for  
you & your child

**Contact at SPIPA for an appointment:**  
**Debbie Gardipee-Reyes**  
360 462-3227, [gardipee@spipa.org](mailto:gardipee@spipa.org)  
or **Patty Suskin** 360 462-3224



## Clinic Events

### Mammogram Clinic

June 30

Contact Traci Lopeman  
360-432-3930

### Brief Community Walk

Every Thursday at 12:40 p.m.  
Elder's Building after lunch

### Free Diabetes Screening

at Health Promotions  
Tuesday through Friday  
Contact Melissa Grant

### Smart Shopping/ Food Label Workshops

Contact Patty to schedule

### Health Promotions

We have exercise videos  
Work out alone, with us  
or schedule a time for a group

### Lifestyle Balance Program

If you are ready to lose weight,  
we can provide support.  
Native American and over 18

Contact Melissa Grant (360)432-3926  
Patty Suskin (360)432-3929





## Let's Consider Conserving Water

We have all enjoyed an unusually warm, relatively dry winter and spring so far. The long range weather outlook continues to suggest warmer and drier than normal conditions for Washington this summer and through to early 2016. It is anticipated this dry weather may result in an increase demand for water resources and reduced water levels in many area streams, rivers, ponds and groundwater levels. Governor Inslee recently declared a drought over many of the Counties in Washington State on May 15, 2015. Western Washington, or more importantly, Mason County, will not be immune.

The Tribe's Drinking Water comes from shallow groundwater wells located in Kamilche Valley. The depth of groundwater within these wells fluctuate annually based on environmental conditions. The typical wet weather of fall and winter replenishes the aquifers (or groundwater), and yields higher levels. Whether the Tribe will experience drought conditions or lower than normal groundwater levels is unknown. Certainly, the forecasted warm and dry summer weather provides concern, and should encourage the Squaxin Island community to use water wisely.

Here are some references on water conservation techniques and information about Washington's drought conditions:

[http://www.epa.gov/region1/eco/drinkwater/water\\_conservation\\_residents.html](http://www.epa.gov/region1/eco/drinkwater/water_conservation_residents.html)

Tips on water conservation techniques in the homes and outdoors

<http://www.ecy.wa.gov/programs/wr/ws/wtrcnsv.html>

Tips on water conservation techniques in the homes and outdoors

<http://www.redcross.org/prepare/disaster/drought>

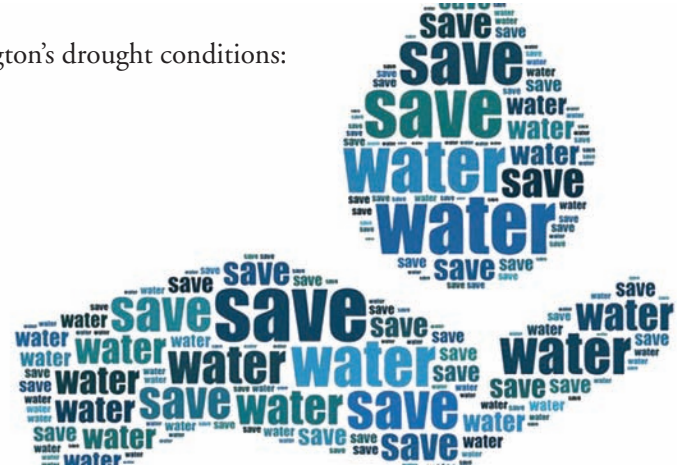
Tips on conservation techniques prior to and during drought conditions

<http://drought.wsu.edu/drought-outlook>

Outlook on exceptionally warm weather drought conditions throughout WA

[http://weather.wsu.edu/awn.php?page=awn\\_outlook](http://weather.wsu.edu/awn.php?page=awn_outlook)

Information about weather-related conditions



## Youth Environmental Art







## What a successful year at the Squaxin Island Tax Site!!

The tax site has been in operation since 2008. Our preparers are Cathy Magby, who's been with the tax site three years and Greg Barckley, four years. Lisa Peters is the Site Coordinator. Both preparers are volunteer positions who are required to take classes, as well as become certified at an advanced level with the IRS. They put in countless hours preparing taxes for tribal and community members as well as clients who find the site information on the IRS website.

### *Here's a few statistics that represent the tax site's success:*

- Tax year 2008 - 8 tax returns
- Tax year 2014 - 102 tax returns for Squaxin tribal members and surrounding community.
- Total refunds 2014 - \$ 113,104
- Total Earned Income Credit (EIC) \$21,093
- Individuals save an average of \$200 by using free tax sites.

The Squaxin Island Tax Site offers free tax preparation services to low and moderate-income families to help them avoid costly tax preparation fees and ensure that working families are getting the credits they deserve. Using free tax sites also prevent families from taking out a loan against their own money, which is what they must do to get an "instant refund" through a commercial preparer.

### *Keeping money in our community!!*

## Fireworks and Pets Do NOT Mix

The Great Spirit gives us our pets as an opportunity to learn compassion.

This is a dangerous and frightening time for all our animal companions. According to behavior specialist Dr. Elizabeth Shull, "low frequency, percussive noises such as fireworks trigger wild fear in dogs. During fireworks, ordinarily well-behaved pets may become aggressive, destructive and/or unpredictable. Worst of all, they can lose their hearing or go into seizures."

### **A loud bang to us feels like a volcano erupting to a dog.**

Every year, animal's shelters are flooded with lost pets because of fireworks. The Humane Society of the United States urges pet owners to take the following safety measures:

==> Do not let your pets outside during fireworks, even in a fenced yard. Keep pets at home, inside, in a cool, quiet area. Choose a windowless cool room. Frightened dogs have been known to jump through screens and windows. Turn on a radio or TV to dampen the noise outside. Put safe chew toys in the crate to occupy and distract your pet.

==> Make sure your pets are always wearing comfortable-fitted collars and ID tags.

==> Don't take pets to events with fireworks. PLEASE!!! It is very CRUEL.

==> Scolding a scared dog will not help. Give your pet a gentle massage, or even just place your hand calmly on your pet's head.

Please keep plenty of water available during this hot season. And remember, if you keep your dog tied down all the time, it literally goes insane, just like a human would.

## CHILDPROOF YOUR HOME IMPROVEMENTS.

### HAVING WORK DONE ON YOUR PLACE? USE A LEAD-SAFE CERTIFIED CONTRACTOR.

#### The Danger

Lead paint hazards have not gone away. If your home or apartment was built before 1978, unqualified workers could spread lead paint dust. Even doing a small job.

- **Kids:** Lead exposure can cause lower intelligence, behavior problems and learning disabilities.
- **Pregnant women:** Lead paint dust can be harmful to your developing fetus.
- **All adults:** Exposure to lead paint dust can cause nervous system effects, high blood pressure, fertility problems, and even kidney effects.

#### The Renovate Repair and Painting Rule

The EPA is requiring that contractors be Lead-Safe Certified.

- Contractors include: renovators, electricians, HVAC specialists, plumbers, painters and maintenance staff who disrupt more than six square feet of lead paint.
- This rule also covers schools, day care centers, or any buildings where children gather.

**CAUTION CAUTION CAUTION CAUTION CAUTION**

#### The Solution

Protect your family and loved ones.

- Make sure to hire a contractor who is Lead-Safe Certified. It may cost just a little more but you'll get the job done right.

To find a contractor who is Lead-Safe Certified near you,  
visit [epa.gov/getlead-safe](http://epa.gov/getlead-safe) or call 800-424-LEAD.



## Potty Pan Pointers

Indoor cats and litter pans go hand-in-paw. Many felines are very particular in the location of their bathroom and will let their family quickly know if they are not satisfied with its placement, possibly by using the floor or carpet in the preferred area. In addition to where the litter box is situated, there are other factors that affect your cat's willingness to use his potty pan:

**Type of Litter:** Sand, clay, and shredded newspaper are three of the popular materials.

**Amount of Litter:** Some cats like a light covering in their pan, others like to dig and cover.

**Pan Size:** "Bigger is better." Big does not necessarily mean deep. Some cats prefer that at least one side be cut down so they do not have to jump over its high sides.

**Number of Pans:** Provide a separate litter box for each cat in your home. Sometimes cats refuse to share.

**Cleaning Pans:** Use different detergents when washing out the box. Never use an ammonia-based cleaner. Ammonia is a component of urine and may encourage your cat to find another "location."





## Happy Birthday

1  
Jenene Joy Miller  
Alonzo Johnny Grant  
Alexandrea Cooper- Lewis

2  
Zachary Stuhqayo Johns

3  
Rocky Lane Bloomfield  
Jayde C. Jewell Smith  
Francis Peterson  
Tyrone Jade Krise

4  
James Patrick Sen  
Victoria Skye Rodriguez  
Malachi Richard Jean Johns  
Wendy Michelle Harding

5  
Emily L. D. Whitener  
Debra Kay Tennis  
Julie Goodwin

6  
Dominique Rosalee McFarlane  
Alyana Rose Van Horn

7  
Trisha Blueback  
Randall Gavin Aldrich  
Kim L. Olson  
David Merle Krise  
David Brian Elam

8  
Paula Susanne Henry  
Elizabeth Marie Seymour  
Lori M. Hoskins  
John Daniel Snyder

9  
Kimberly R Peterson  
George William Sumner  
Julie Rose Van Horn  
Pamela Sue Hillstrom  
Laken Nicole Gray

10  
Tamie Jo Rioux

11  
Alex C. Ehler

12  
Brandon Michael Greenwood

13  
Teresa Lynn Ford

14  
Janette Melody Sigo  
Ana Marie Pinon  
Stephanie Lynn Tompkins

15  
Casey E. Brown  
Kyland M. Powell

16  
Andrew Ernest Sigo  
Trent Anthony Brown  
Andre Maxwell Roberts  
Yvonne Joy Bell  
Dorothy May Nelson  
Kristin Robin Penn

17  
Heather Marie Perez  
Kevin M. Bloomfield  
Jackson Louis Cruz  
Ronald J. Whitener

18  
Armonie Rose McFarlane  
Kamela Lee Smith  
Daniel F. Napoleon  
Tasha R. Rodriguez

19  
Andrea Marie Sigo  
Thomas L Farron  
Nicholas S. Armas  
Vicki Lee Kruger  
Jacob D. Johns

20  
Jason Two Feather Longshore  
Shelby N. Todd  
Verna Beverly Henry, II  
Eugene Edward Galos  
Donald Edwin Whitener

21  
Laurinda P. Thomas  
Rodney Louis Schuffenhauer  
Jaime Charles McFarlane  
Kyleigh May Peterson  
Beau Michael Henry  
Wynn Dale Clementson

22  
Alexander James Smith  
Monica Eileen Nerney  
Rose Marie Blueback

23  
Tamika Sharon Green

24  
Christopher D. Cain

25  
Katherine Elizabeth Smith  
Beau Michael Henry Jr.  
Joanne Faye Decicio

26  
Candace Sumner  
Arthur Richard Pleines  
Andrew St. John Barker

27  
Robert Lee Cooper  
Geraldine Elizabeth Bell

28  
Jeremiah Jack George  
Hurricane L. James  
Charles E. Bloomfield, Jr.

29  
Jessica Leona Cruz  
Kaitlyn Makenzie Burrow  
Fleet Thunder Sky Johns  
Zachary Hetzler II

30  
Dakota Riley Lorentz  
Neekie Perez  
Joshua Dylan Mason

### What's Happening

	1	2	3 Family Court <i>Budget Hearing</i>	4	5	6
7	8	9	10	11 <i>Council Mtg.</i>	12 <i>Sgwi' Gwi</i>	13
14	15	16 <i>Safe Streets Community Meeting</i>	17	18	19	20
21 <i>Fathers Day</i>	22 <i>Foster Parent Appreciation Dinner</i>	23 Criminal/Civil Court	24	25 <i>Council Mtg.</i>	26	27
28	29	30	AA & ALANON Every Thursday 7:30 p.m. in the Elders Building			





## COMMUNITY



**Happy Belated 21st  
Birthday  
Kassidy!  
Love,  
Mom and Gramma**



**Happy Birthday &  
Happy Fathers day  
Casey E. Brown Sr.**

**Thank you  
for being the great  
husband, father,  
provider, & friend  
you are today.**

**Love,  
Your fam, Jaylyn,  
Cody, & Bobbie  
Brown**



**Happy Birthday  
to my wonderful son,  
Jaime  
Love Always,  
Mom  
See you shortly after  
your birthday  
xoxoxo**

**SHO BOX** **SHOWTIME sports PRESENTS**

**FRIDAY JUNE 26 | DOORS OPEN 5PM | FIRST FIGHT 6PM**

**LITTLE CREEK BRAWL 7**

**BROADCASTING LIVE 7:35 PM EST**

**MAIN EVENT 10 ROUND MIDDLEWEIGHT BOUT**

**DOMINIC WADE VS SAM SOLIMAN**

**TICKETS \$125 / \$50 / \$20**

FOR TICKETS VISIT THE BOX OFFICE, ONLINE, OR CALL 800-667-7711

**TRACE ADKINS**

**IN CONCERT**

**THURSDAY | JUNE 4**

**8PM**

**TICKETS \$75 | \$60 | \$45**

**TRACEADKINS.COM**

FOR TICKETS VISIT THE BOX OFFICE, ONLINE, OR CALL 800-667-7711

**VOTED the BEST 2014**

**LITTLE CREEK CASINO • RESORT**

**www.little-creek.com**

**SIMPLY THE BEST!**

Must be 21 or older. Call for Skyboxes.



# Daily Freebies



- 100 Club Points
- Free Coffee
- Free Hot Dog
- Free Fountain drink

Check the bottom of your receipt daily to see if you're a winner!

**Trading Post Rewards**

\*\*\*\* TRADING POST STATUS \*\*\*\*

Welcome: John Smith  
Points Earned: 20  
New Balance: 120

\*\*\*\* Instant Message \*\*\*\*

You have just been awarded 100 bonus points for registering your card.

Your fuel has been discounted by 4 cents per gallon.

Your soda has been discounted 2 for \$2

You won a free fountain soda.

# SUMMER HOURS



**Sun - Thurs**  
6am - 11pm

**Sat & Sun**  
6am - 1am



# TRADING POST

*Take me out to the ball game!*

Win a pair of tickets to see any Tacoma Rainiers home game!

## SUITE GRAND PRIZE

Includes: 4 Box Seats for Friday July 24th, plus...  
free parking, complementary adult beverages, ballpark snacks and  
**VIP ACCESS** to The Tacoma Rainiers Summit Club!

**Club Members enter for free!**  
**3 WINNERS EACH WEEK!**  
earn additional entries for every  
\$30 in-store purchase!



\* No purchase necessary, visit [www.tradingpostrewards.com](http://www.tradingpostrewards.com) for more information. Must be a registered Trading Post Rewards Club Member 18 or older to participate. Management reserves the right to cancel or modify this promotion without prior notice. Promotion ends July 13, 2015.



# BINGO

**FRIDAY 6:30PM SESSION**  
**SATURDAY 11:45AM & 4:30PM SESSION**  
**SUNDAY 4:30PM SESSION**

**EARLY BIRD SPECIALS AT ALL SESSIONS**

KEEP DAUBING GAMES ON 4:30PM & 6:30PM SESSIONS

**FATHER'S DAY HOT STEAKS! DRAWINGS EVERY HOUR FOR \$100 ON SUNDAY!**

DONATE A CAN FOOD ITEM AND  
RECEIVE A FREE LEVEL 1 (3-ON) WITH INITIAL BUY-IN  
BRING A FRIEND AND YOU'LL BOTH RECEIVE A FREE LEVEL 1 (3-ON) WITH INITIAL BUY-IN

**\$79 Special Room Rate for Bingo Participants**

See Keno for more details 1-800-667-7711  
Must show Bingo Room Rate Coupon at time of check-in to receive special room rate  
Customers can call in advance to book rooms  
Must be 21 or older for Bingo Specials

**LITTLE CREEK CASINO • RESORT**  
[www.little-creek.com](http://www.little-creek.com)  
Call 360-427-3005 for more details